



## limb-girdle muscular dystrophy

Limb-girdle muscular dystrophy is a term for a group of diseases that cause weakness and wasting of the muscles in the arms and legs. The muscles most affected are those closest to the body (proximal muscles), specifically the muscles of the shoulders, upper arms, pelvic area, and thighs.

The severity, age of onset, and features of limb-girdle muscle dystrophy vary among the many subtypes of this condition and may be inconsistent even within the same family. Signs and symptoms may first appear at any age and generally worsen with time, although in some cases they remain mild.

In the early stages of limb-girdle muscular dystrophy, affected individuals may have an unusual walking gait, such as waddling or walking on the balls of their feet, and may also have difficulty running. They may need to use their arms to press themselves up from a squatting position because of their weak thigh muscles. As the condition progresses, people with limb-girdle muscular dystrophy may eventually require wheelchair assistance.

Muscle wasting may cause changes in posture or in the appearance of the shoulder, back, and arm. In particular, weak shoulder muscles tend to make the shoulder blades (scapulae) "stick out" from the back, a sign known as scapular winging. Affected individuals may also have an abnormally curved lower back (lordosis) or a spine that curves to the side (scoliosis). Some develop joint stiffness (contractures) that can restrict movement in their hips, knees, ankles, or elbows. Overgrowth (hypertrophy) of the calf muscles occurs in some people with limb-girdle muscular dystrophy.

Weakening of the heart muscle (cardiomyopathy) occurs in some forms of limb-girdle muscular dystrophy. Some affected individuals experience mild to severe breathing problems related to the weakness of muscles needed for breathing. In some cases, the breathing problems are severe enough that affected individuals need to use a machine to help them breathe (mechanical ventilation).

Intelligence is generally unaffected in limb-girdle muscular dystrophy; however, developmental delay and intellectual disability have been reported in rare forms of the disorder.

### Frequency

It is difficult to determine the prevalence of limb-girdle muscular dystrophy because its features vary and overlap with those of other muscle disorders. Prevalence estimates range from 1 in 14,500 to 1 in 123,000 individuals.

## **Genetic Changes**

The various forms of limb-girdle muscular dystrophy are caused by mutations in many different genes. These genes provide instructions for making proteins that are involved in muscle maintenance and repair.

Some of the proteins produced from these genes assemble with other proteins into larger protein complexes. These complexes maintain the physical integrity of muscle tissue and allow the muscles to contract. Other proteins participate in cell signaling, cell membrane repair, or the removal of potentially toxic wastes from muscle cells.

Limb-girdle muscular dystrophy is classified based on its inheritance pattern and genetic cause. Limb-girdle muscular dystrophy type 1 includes forms of the disorder that have an inheritance pattern called autosomal dominant. Mutations in the *LMNA* gene cause limb-girdle muscular dystrophy type 1B. Limb-girdle muscular dystrophy type 1C is one of a group of muscle disorders called caveolinopathies caused by mutations in the *CAV3* gene.

Limb-girdle muscular dystrophy type 2 includes forms of the disorder that have an inheritance pattern called autosomal recessive. Calpainopathy, or limb-girdle muscular dystrophy type 2A, is caused by mutations in the *CAPN3* gene. Type 2A is the most common form of limb-girdle muscular dystrophy, accounting for about 30 percent of cases. Dysferlinopathy, also called limb-girdle muscular dystrophy type 2B, is caused by mutations in the *DYSF* gene.

Sarcoglycanopathies are forms of limb-girdle muscular dystrophy caused by mutations in the *SGCA*, *SGCB*, *SGCG*, and *SGCD* genes. These sarcoglycanopathies are known as limb-girdle muscular dystrophy types 2D, 2E, 2C, and 2F respectively.

A *TTN* gene mutation causes limb-girdle muscular dystrophy type 2J, which has been identified only in the Finnish population. Mutations in the *ANO5* gene cause limb-girdle muscular dystrophy type 2L. Mutations in several other genes cause forms of limb-girdle muscular dystrophy called dystroglycanopathies, including limb-girdle muscular dystrophy types 2I, 2K, 2M, and 2N.

Other rare forms of limb-girdle muscular dystrophy are caused by mutations in several other genes, some of which have not been identified.

## **Inheritance Pattern**

Limb-girdle muscular dystrophy can have different inheritance patterns.

Most forms of this condition are inherited in an autosomal recessive pattern, which means both copies of the gene in each cell have mutations. The parents of an individual with an autosomal recessive condition each carry one copy of the mutated gene, but they typically do not show signs and symptoms of the condition.

Several rare forms of limb-girdle muscular dystrophy are inherited in an autosomal dominant pattern, which means one copy of the altered gene in each cell is sufficient to cause the disorder.

### **Other Names for This Condition**

- LGMD
- limb-girdle syndrome
- myopathic limb-girdle syndrome

### **Diagnosis & Management**

#### Genetic Testing

- Genetic Testing Registry: Limb-Girdle Muscular Dystrophies, Autosomal Dominant  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/CN043626/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C0686353/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy-dystroglycanopathy, type C1  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1836373/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy-dystroglycanopathy, type C2  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C3150418/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy-dystroglycanopathy, type C3  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C3150417/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy-dystroglycanopathy, type C4  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1969040/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy-dystroglycanopathy, type C5  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1846672/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, autosomal recessive  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/CN043627/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 1A  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1834659/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 1B  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1834653/>

- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 1C  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1832567/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 1E  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C3148763/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 1F  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1842062/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 1G  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1836765/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 1H  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C3150786/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 2A  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1869123/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 2B  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1850889/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 2D  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1842550/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 2E  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1858593/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 2F  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1832525/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 2G  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1866008/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 2J  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1837342/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 2L  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C1969785/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 2Q  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C3150989/>
- Genetic Testing Registry: Limb-girdle muscular dystrophy, type 2S  
<https://www.ncbi.nlm.nih.gov/gtr/conditions/C3809236/>

#### Other Diagnosis and Management Resources

- Cleveland Clinic  
<http://my.clevelandclinic.org/health/articles/muscular-dystrophy>
- GeneReview: Limb-Girdle Muscular Dystrophy Overview  
<https://www.ncbi.nlm.nih.gov/books/NBK1408>

- Johns Hopkins Medicine  
[http://www.hopkinsmedicine.org/neurology\\_neurosurgery/centers\\_clinics/muscular\\_dystrophy/conditions/limb\\_girdle\\_muscular\\_dystrophy.html](http://www.hopkinsmedicine.org/neurology_neurosurgery/centers_clinics/muscular_dystrophy/conditions/limb_girdle_muscular_dystrophy.html)
- LGMD-Diagnosis.org  
<http://www.lgmd-diagnosis.org/>

#### General Information from MedlinePlus

- Diagnostic Tests  
<https://medlineplus.gov/diagnostictests.html>
- Drug Therapy  
<https://medlineplus.gov/drugtherapy.html>
- Genetic Counseling  
<https://medlineplus.gov/geneticcounseling.html>
- Palliative Care  
<https://medlineplus.gov/palliativecare.html>
- Surgery and Rehabilitation  
<https://medlineplus.gov/surgeryandrehabilitation.html>

#### **Additional Information & Resources**

##### MedlinePlus

- Encyclopedia: Limb-Girdle Muscular Dystrophies  
<https://medlineplus.gov/ency/article/000711.htm>
- Health Topic: Muscular Dystrophy  
<https://medlineplus.gov/musculardystrophy.html>

##### Genetic and Rare Diseases Information Center

- Limb-girdle muscular dystrophy  
<https://rarediseases.info.nih.gov/diseases/6907/limb-girdle-muscular-dystrophy>
- Limb-girdle muscular dystrophy type 1A  
<https://rarediseases.info.nih.gov/diseases/10229/limb-girdle-muscular-dystrophy-type-1a>
- Limb-girdle muscular dystrophy type 1B  
<https://rarediseases.info.nih.gov/diseases/10230/limb-girdle-muscular-dystrophy-type-1b>
- Limb-girdle muscular dystrophy type 2A  
<https://rarediseases.info.nih.gov/diseases/1057/limb-girdle-muscular-dystrophy-type-2a>

- Limb-girdle muscular dystrophy type 2E  
<https://rarediseases.info.nih.gov/diseases/3851/limb-girdle-muscular-dystrophy-type-2e>
- Limb-girdle muscular dystrophy type 2F  
<https://rarediseases.info.nih.gov/diseases/8573/limb-girdle-muscular-dystrophy-type-2f>
- Limb-girdle muscular dystrophy type 2H  
<https://rarediseases.info.nih.gov/diseases/3844/limb-girdle-muscular-dystrophy-type-2h>
- Limb-girdle muscular dystrophy type 2I  
<https://rarediseases.info.nih.gov/diseases/12533/limb-girdle-muscular-dystrophy-type-2i>
- Limb-girdle muscular dystrophy, type 2B  
<https://rarediseases.info.nih.gov/diseases/8574/limb-girdle-muscular-dystrophy-type-2b>
- Limb-girdle muscular dystrophy, type 2C  
<https://rarediseases.info.nih.gov/diseases/2429/limb-girdle-muscular-dystrophy-type-2c>
- Limb-girdle muscular dystrophy, type 2D  
<https://rarediseases.info.nih.gov/diseases/438/limb-girdle-muscular-dystrophy-type-2d>
- Limb-girdle muscular dystrophy, type 2G  
<https://rarediseases.info.nih.gov/diseases/10471/limb-girdle-muscular-dystrophy-type-2g>

#### Additional NIH Resources

- National Institute of Neurological Disorders and Stroke (NINDS): Muscular Dystrophy  
<https://www.ninds.nih.gov/Disorders/All-Disorders/Muscular-Dystrophy-Information-Page>

#### Educational Resources

- Disease InfoSearch: Limb-girdle muscular dystrophy  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy/4230>
- Disease InfoSearch: Limb-girdle muscular dystrophy autosomal dominant  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy+autosomal+dominant/4231>

- Disease InfoSearch: Limb-girdle muscular dystrophy-dystroglycanopathy, type C1  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy-dystroglycanopathy%2C+type+C1/8750>
- Disease InfoSearch: Limb-girdle muscular dystrophy-dystroglycanopathy, type C2  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy-dystroglycanopathy%2C+type+C2/8751>
- Disease InfoSearch: Limb-girdle muscular dystrophy-dystroglycanopathy, type C3  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy-dystroglycanopathy%2C+type+C3/8752>
- Disease InfoSearch: Limb-girdle muscular dystrophy-dystroglycanopathy, type C4  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy-dystroglycanopathy%2C+type+C4/8753>
- Disease InfoSearch: Limb-girdle muscular dystrophy-dystroglycanopathy, type C5  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy-dystroglycanopathy%2C+type+C5/8754>
- Disease InfoSearch: Limb-girdle muscular dystrophy-dystroglycanopathy, type C7  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy-dystroglycanopathy%2C+type+C7/8755>
- Disease InfoSearch: Limb-girdle muscular dystrophy type 2H  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy+type+2H/4232>
- Disease InfoSearch: Limb-girdle muscular dystrophy, type 1A  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy%2C+type+1A/4234>
- Disease InfoSearch: Limb-girdle muscular dystrophy, type 1B  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy%2C+type+1B/4235>
- Disease InfoSearch: Limb-girdle muscular dystrophy, type 1C  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy%2C+type+1C/8748>
- Disease InfoSearch: Limb-girdle muscular dystrophy, type 1E  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy%2C+type+1E/8749>
- Disease InfoSearch: Limb-girdle muscular dystrophy, type 2A  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy%2C+type+2A/4236>
- Disease InfoSearch: Limb-girdle muscular dystrophy, type 2B  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy%2C+type+2B/4237>

- Disease InfoSearch: Limb-girdle muscular dystrophy, type 2C  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy%2C+type+2C/4238>
- Disease InfoSearch: Limb-girdle muscular dystrophy, type 2D  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy%2C+type+2D/4239>
- Disease InfoSearch: Limb-girdle muscular dystrophy, type 2E  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy%2C+type+2E/4240>
- Disease InfoSearch: Limb-girdle muscular dystrophy, type 2F  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy%2C+type+2F/4241>
- Disease InfoSearch: Limb-girdle muscular dystrophy, type 2G  
<http://www.diseaseinfosearch.org/Limb-girdle+muscular+dystrophy%2C+type+2G/4242>
- MalaCards: autosomal dominant limb-girdle muscular dystrophy type 1a  
[http://www.malacards.org/card/autosomal\\_dominant\\_limb\\_girdle\\_muscular\\_dystrophy\\_type\\_1a](http://www.malacards.org/card/autosomal_dominant_limb_girdle_muscular_dystrophy_type_1a)
- MalaCards: autosomal dominant limb-girdle muscular dystrophy type 1b  
[http://www.malacards.org/card/autosomal\\_dominant\\_limb\\_girdle\\_muscular\\_dystrophy\\_type\\_1b](http://www.malacards.org/card/autosomal_dominant_limb_girdle_muscular_dystrophy_type_1b)
- MalaCards: autosomal recessive limb-girdle muscular dystrophy type 2a  
[http://www.malacards.org/card/autosomal\\_recessive\\_limb\\_girdle\\_muscular\\_dystrophy\\_type\\_2a](http://www.malacards.org/card/autosomal_recessive_limb_girdle_muscular_dystrophy_type_2a)
- MalaCards: autosomal recessive limb-girdle muscular dystrophy type 2b  
[http://www.malacards.org/card/autosomal\\_recessive\\_limb\\_girdle\\_muscular\\_dystrophy\\_type\\_2b](http://www.malacards.org/card/autosomal_recessive_limb_girdle_muscular_dystrophy_type_2b)
- MalaCards: autosomal recessive limb-girdle muscular dystrophy type 2d  
[http://www.malacards.org/card/autosomal\\_recessive\\_limb\\_girdle\\_muscular\\_dystrophy\\_type\\_2d](http://www.malacards.org/card/autosomal_recessive_limb_girdle_muscular_dystrophy_type_2d)
- MalaCards: autosomal recessive limb-girdle muscular dystrophy type 2f  
[http://www.malacards.org/card/autosomal\\_recessive\\_limb\\_girdle\\_muscular\\_dystrophy\\_type\\_2f](http://www.malacards.org/card/autosomal_recessive_limb_girdle_muscular_dystrophy_type_2f)
- MalaCards: autosomal recessive limb-girdle muscular dystrophy type 2g  
[http://www.malacards.org/card/autosomal\\_recessive\\_limb\\_girdle\\_muscular\\_dystrophy\\_type\\_2g](http://www.malacards.org/card/autosomal_recessive_limb_girdle_muscular_dystrophy_type_2g)

- MalaCards: autosomal recessive limb-girdle muscular dystrophy type 2h  
[http://www.malacards.org/card/autosomal\\_recessive\\_limb\\_girdle\\_muscular\\_dystrophy\\_type\\_2h](http://www.malacards.org/card/autosomal_recessive_limb_girdle_muscular_dystrophy_type_2h)
- MalaCards: autosomal recessive limb-girdle muscular dystrophy type 2r  
[http://www.malacards.org/card/autosomal\\_recessive\\_limb\\_girdle\\_muscular\\_dystrophy\\_type\\_2r](http://www.malacards.org/card/autosomal_recessive_limb_girdle_muscular_dystrophy_type_2r)
- MalaCards: autosomal recessive limb-girdle muscular dystrophy type 2u  
[http://www.malacards.org/card/autosomal\\_recessive\\_limb\\_girdle\\_muscular\\_dystrophy\\_type\\_2u](http://www.malacards.org/card/autosomal_recessive_limb_girdle_muscular_dystrophy_type_2u)
- MalaCards: limb-girdle muscular dystrophies, autosomal dominant  
[http://www.malacards.org/card/limb\\_girdle\\_muscular\\_dystrophies\\_autosomal\\_dominant](http://www.malacards.org/card/limb_girdle_muscular_dystrophies_autosomal_dominant)
- MalaCards: limb-girdle muscular dystrophies, autosomal recessive  
[http://www.malacards.org/card/limb\\_girdle\\_muscular\\_dystrophies\\_autosomal\\_recessive](http://www.malacards.org/card/limb_girdle_muscular_dystrophies_autosomal_recessive)
- MalaCards: limb-girdle muscular dystrophy  
[http://www.malacards.org/card/limb\\_girdle\\_muscular\\_dystrophy](http://www.malacards.org/card/limb_girdle_muscular_dystrophy)
- MalaCards: limb-girdle muscular dystrophy due to pomk deficiency  
[http://www.malacards.org/card/limb\\_girdle\\_muscular\\_dystrophy\\_due\\_to\\_pomk\\_deficiency](http://www.malacards.org/card/limb_girdle_muscular_dystrophy_due_to_pomk_deficiency)
- MalaCards: limb-girdle muscular dystrophy type 1d  
[http://www.malacards.org/card/limb\\_girdle\\_muscular\\_dystrophy\\_type\\_1d](http://www.malacards.org/card/limb_girdle_muscular_dystrophy_type_1d)
- MalaCards: limb-girdle muscular dystrophy, type 1g  
[http://www.malacards.org/card/limb\\_girdle\\_muscular\\_dystrophy\\_type\\_1g\\_2](http://www.malacards.org/card/limb_girdle_muscular_dystrophy_type_1g_2)
- My46 Trait Profile  
<https://www.my46.org/trait-document?trait=Limb%20girdle%20muscular%20dystrophy&type=profile>
- Orphanet: Autosomal dominant limb-girdle muscular dystrophy  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=102014](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=102014)
- Orphanet: Autosomal dominant limb-girdle muscular dystrophy type 1A  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=266](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=266)
- Orphanet: Autosomal dominant limb-girdle muscular dystrophy type 1B  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=264](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=264)
- Orphanet: Autosomal dominant limb-girdle muscular dystrophy type 1C  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=265](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=265)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=102015](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=102015)

- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2B  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=268](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=268)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2C  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=353](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=353)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2D  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=62](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=62)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2E  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=119](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=119)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2F  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=219](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=219)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2G  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=34514](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=34514)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2H  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=1878](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=1878)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2L  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=206549](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=206549)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2M  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=206554](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=206554)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2N  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=206559](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=206559)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2O  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=206564](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=206564)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2P  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=280333](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=280333)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2Q  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=254361](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=254361)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2R  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=363543](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=363543)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2S  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=369840](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=369840)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2T  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=363623](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=363623)
- Orphanet: Autosomal recessive limb-girdle muscular dystrophy type 2U  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=352479](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=352479)
- Orphanet: Limb-girdle muscular dystrophy  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=263](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=263)

- Orphanet: Limb-girdle muscular dystrophy due to POMK deficiency  
[http://www.orpha.net/consor/cgi-bin/OC\\_Exp.php?Lng=EN&Expert=445110](http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=445110)
- University of Washington Neuromuscular Disease Center  
<http://neuromuscular.wustl.edu/musdist/lg.html>

### Patient Support and Advocacy Resources

- Jain Foundation  
<http://www.jain-foundation.org/>
- Muscular Dystrophy Association  
[https://www.mda.org/sites/default/files/publications/Facts\\_LGMD\\_P-209.pdf](https://www.mda.org/sites/default/files/publications/Facts_LGMD_P-209.pdf)
- Muscular Dystrophy Association New Zealand  
<http://www.mda.org.nz/media/1231/Limb%20Girdle%20Muscular%20Dystrophy%20April10.pdf>
- Muscular Dystrophy Australia  
<http://www.mda.org.au/disorders/overview/lgmd/>
- Muscular Dystrophy Canada  
<http://www.muscle.ca/about-muscular-dystrophy/types-of-neuromuscular-disorders/limb-girdle-muscular-dystrophy/>
- Muscular Dystrophy UK  
<http://www.musculardystrophyuk.org/about-muscle-wasting-conditions/limb-girdle-muscular-dystrophy/>
- National Organization for Rare Disorders (NORD)  
<https://rarediseases.org/rare-diseases/limb-girdle-muscular-dystrophies/>

### GeneReviews

- Calpainopathy  
<https://www.ncbi.nlm.nih.gov/books/NBK1313>
- Caveolinopathies  
<https://www.ncbi.nlm.nih.gov/books/NBK1385>
- Dysferlinopathy  
<https://www.ncbi.nlm.nih.gov/books/NBK1303>
- Limb-Girdle Muscular Dystrophy Overview  
<https://www.ncbi.nlm.nih.gov/books/NBK1408>

### ClinicalTrials.gov

- ClinicalTrials.gov  
<https://clinicaltrials.gov/ct2/results?cond=%22limb-girdle+muscular+dystrophy%22>

## Scientific Articles on PubMed

- PubMed  
<https://www.ncbi.nlm.nih.gov/pubmed?term=%28Muscular+Dystrophies,+Limb-Girdle%5BMAJR%5D%29+AND+%28limb-girdle+muscular+dystrophy%5BTIAB%5D%29+AND+english%5Bla%5D+AND+human%5Bmh%5D+AND+%22last+720+days%22%5Bdp%5D>

## OMIM

- LIMB-GIRDLE MUSCULAR DYSTROPHY, TYPE 1G  
<http://omim.org/entry/609115>
- MUSCULAR DYSTROPHY-DYSTROGLYCANOPATHY (LIMB-GIRDLE), TYPE C, 1  
<http://omim.org/entry/609308>
- MUSCULAR DYSTROPHY-DYSTROGLYCANOPATHY (LIMB-GIRDLE), TYPE C, 2  
<http://omim.org/entry/613158>
- MUSCULAR DYSTROPHY-DYSTROGLYCANOPATHY (LIMB-GIRDLE), TYPE C, 3  
<http://omim.org/entry/613157>
- MUSCULAR DYSTROPHY-DYSTROGLYCANOPATHY (LIMB-GIRDLE), TYPE C, 4  
<http://omim.org/entry/611588>
- MUSCULAR DYSTROPHY-DYSTROGLYCANOPATHY (LIMB-GIRDLE), TYPE C, 5  
<http://omim.org/entry/607155>
- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 1A  
<http://omim.org/entry/159000>
- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 1B  
<http://omim.org/entry/159001>
- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 1C  
<http://omim.org/entry/607801>
- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 1E  
<http://omim.org/entry/603511>
- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 1F  
<http://omim.org/entry/608423>
- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 1H  
<http://omim.org/entry/613530>

- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 2A  
<http://omim.org/entry/253600>
- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 2B  
<http://omim.org/entry/253601>
- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 2C  
<http://omim.org/entry/253700>
- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 2D  
<http://omim.org/entry/608099>
- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 2E  
<http://omim.org/entry/604286>
- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 2F  
<http://omim.org/entry/601287>
- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 2G  
<http://omim.org/entry/601954>
- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 2H  
<http://omim.org/entry/254110>
- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 2J  
<http://omim.org/entry/608807>
- MUSCULAR DYSTROPHY, LIMB-GIRDLE, TYPE 2L  
<http://omim.org/entry/611307>

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